



MAY 2023

MILL CREEK FAMILY YMCA SENIOR CALENDAR

MONDAY



Water Fitness w/Ester
7:30-8:15 am
Pool



Pickleball
8:30-10:30 am
Gym



Pedaling for Parkinson's w/Nikki
10:30-11:30 am
Cycle Studio



Forever Fit w/Anneke
11-11:45 am
Gym



Coffee & Connections 1, 15
11:45-12:15 pm
YDC



Special Event, May 1
12:15-1:15 pm
YDC



Pickleball
12:30-2:30 pm
Gym

TUESDAY



ZUMBA GOLD w/Debbi
11-Noon
Gym



Chair Yoga w/Tracy
12:15-1 pm
MPR



Pickleball
12:30-2:30 pm
Gym



Water Fitness w/Maria
1:30-2:15 pm
Pool

WEDNESDAY



Water Fitness w/Terry
7:30-8:15 am
Pool



Pickleball
8:30-10:30 am
Gym



Pedaling for Parkinson's w/Nikki
10:30-11:30 am
Cycle Studio



Forever Fit w/Anneke
11-11:45 am
Gym



Special Event May 17
11:50-12:10 pm
Gym



Special Event May 10,24
Noon-1:30 pm
YDC



Grief Support
Noon-2:00 pm
Cascade Room



Pickleball
12:30-2:30 pm
Gym



Sack Lunch/BINGO social
Noon-1:30 pm
May 31st, YDC

THURSDAY



Pickleball
8:30-10:30 am
GYM



ZUMBA GOLD w/Debbie
11:00-Noon
GYM



Chair Yoga w/Tracie
12:15-1 pm
MPR



Special Event, May 11
1:00-2:00 pm
YDC



Water Fitness w/Maria
1:30-2:15 pm
Pool



Pickleball
12:30-2:30 pm
Gym

FRIDAY



Water Fitness w/Stephanie
7:30-8:15 am
Pool



Book Club, May 26
Noon-1:30 pm
Pilchuck Room



Forever Fit w/Anneke
11-11:45 am
GYM



Chair Yoga w/Maria
12:15-1 pm
MRP

SATURDAY

SUNDAY





MAY 2023

MILL CREEK FAMILY YMCA SENIOR CALENDAR

Monday,
May 1



Container Gardening

12:15-1:15 pm

Free event
"Master Gardener" tips for container gardens/sustainable gardening

Friday, May 5 and 19



Let's Talk Memoir

12:30am-1:30 pm

Bring your pen & paper or laptop and most importantly, your memories to learn how to document life experiences for those wishing to share..

WEDNESDAY
May 10 and 24



Crafty Coffee Klatch

Noon-1:30 pm

Knitting, Crochet, Needlepoint – whatever, just join us!

Thursday
May 11



Art Workshop

1-2 pm

Silverkites presents - Mindful Magic Markers. Registration required. Email Cyd Leahy, pleahy@ymca-snoco.org for registration information

WEDNESDAY
May 17



Perfecting Your Posture

11:50-12:10 pm

Instructor: Ellen Beaumont.
Location: Gym

WEDNESDAY
May 31



Sack Lunch Social/Bingo

Noon-1:30 pm

FRIDAY,
MAY 26TH



Book Club

1-2 pm

Although the current book club is full, please register for our wait list if you are interested in joining a YMCA book club. Email: pleahy@ymca-snoco.org

UPCOMING
EVENTS



June 21 (Date Tentative) Day Trip to Leavenworth, WA
July 26 (Date Tentative) Senior Picnic
Mariners Baseball Game Wednesday, September 13, 2023. Cost: \$88. Registration required.



PICKLEBALL

Join in the fun and participate in the fastest growing sport in the nation! The game of Pickleball combines the sport of Badminton, tennis and Ping-Pong. The rules are simple and the game is easy for anyone to catch on fast.



GROUP EXERCISE

Multiple formats offered to accommodate a wide range of ability levels on land. Pick up a group exercise schedule for more detailed descriptions of each class.



WATER FITNESS

Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance.



COFFEE & CONNECTIONS

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.



POTLUCK

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



SPECIAL EVENT

Events that vary each week or month to serve the interest and hobbies of our senior members. Do you have a special event you would like to see the YMCA host? Come to an even and talk to our Senior program leaders.